



Candidate Preparation Guide: Physical Ability Test – Fire Cadet

The physical ability portion of the testing is used to determine a candidate's ability to perform the basic physical requirements of a Fire Cadet. The physical requirements were determined through job analysis and are found to be those functions required to be successful as a Fire Cadet.

About the test

A third-party group of medical professionals have been contracted by the Milwaukee Fire and Police Commission to conduct the test. The test will consist of seven (7) components that have been found to be essential functions of the role of Fire Cadet. The components of the test are shown below:

Task	Task Name	Description
1	Equipment Lift	40 lbs. vertical lift from 12 inches to 36 inches to 12 inches from the floor
2	Hose Carry	40 lb. fire hose vertical lift from floor to shoulder and carry on shoulder up/down a short ladder
3	Equipment Carry	Carry 20 lbs. in each hand at waist height a distance of 75 feet
4	Hose Drag	Push/pull 30 lbs. of force on a sled a distance of 150 feet
5	Victim Rescue	Pull 60 lbs. of force on a sled a distance of 70 feet, turning sled 180 degrees at half-way point.
6a	Pike Pole (push-pull)	Horizontally transfer 30 lbs. on wall pulley from waist to shoulder height. Candidate should be lifting up and away from their body and should have back to pulley system.
6b	Pike Pole (pull-push)	Horizontally transfer 30 lbs. on wall pulley from shoulder to waist height. Candidate will pull in straight vertical direction, facing pulley system.
7	Confined Space Search	Crawl within an enclosed space with a height of 3 feet and 2 feet width for one (1) minute

Candidates will have 5 minutes to complete each component of the test. During the test candidates will wear a 30 pound weighted vest and fire gloves that simulates equipment that will be worn by a firefighter. If needed the gloves may be removed during the test. However, the weighted vest must be worn during the entire test.

Candidates should dress in comfortable attire such as workout clothes (jogging pants, t-shirt, socks and running shoes or other shoes with a non-slip bottom).

The test will take approximately 35 minutes. Please plan accordingly to arrive on time and allow yourself enough time to complete the test. Those that arrive late may not be able to complete the test.

A video showing each of the seven (7) components can be viewed at <http://city.milwaukee.gov/jobs/FireCadet>.

Preparing for the test

Most young men and women of average physical fitness have the ability to successfully complete the physical ability test, especially after practicing it a few times at home. Simulate the test components, such as lifting, by using dumbbell weights, cartons or jugs filled with water. A coat or jacket with weights placed in the pockets or a backpack with weights in it can simulate wearing firefighter equipment. A sled can be simulated by using a box or crate that can be pushed or pulled on the floor or ground. A public or private fitness center or school gym may also provide equipment that can be used to simulate and practice these test components.

Develop a habit of proper nutrition, cardiovascular health and strength training.

Visit free websites such as www.livestrong.com, www.fitness.com, www.mapmyrun.com, www.webmd.com/fitness-exercise for articles and exercise options. Consult with your doctor prior to starting any exercise program.

Prior to appointment as a Milwaukee Firefighter, all Fire Cadets must pass the Candidate Physical Ability Test (CPAT). This test is administered after Fire Cadets are hired as employees of the Milwaukee Fire Department and undergo a prescribed physical fitness program. For purposes of the Fire Cadet Physical Ability Test, concentrate your preparation effort on the seven (7) components listed above.

Questions about the Physical Ability Test?

Contact the Fire and Police Commission at (414)286-5071.